

# Virtual Seniors Active Living Fair 2022

## Participant Resource Kit

Dear Event Participant,

Thank you for joining this year's Seniors Active Living Fair—virtual style! We hope our selection of events was enticing to you, that you learned something new, found helpful resources, and maybe you will continue with a new activity to benefit your health and wellness! Please find below special greetings from MPP, Joel Harden, and from Mayor Jim Watson. You will also see helpful resources and tools listed at the end of this document. The Good Companions would like to thank our wellness fair partners, the Older Adults Centres' Association of Ontario (OACAO), and to the Government of Ontario (Ontario Ministry for Seniors and Accessibility) for funding support.

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

Funding provided by:



## Special Greetings



*Friends,*

I am pleased to extend to you my warmest greetings as you participate in the annual Seniors' Active Living Fair, hosted by The Good Companions Seniors' Centre.

These events are crucial in ensuring we have healthy communities for everyone. By promoting wellness, social connections and education, these virtual senior's active living fairs can help reduce social isolation and help everyone stay active, independent and engaged.

The programs and events being offered this week, in partnership with The Older Adults Centres' Association of Ontario and funded by the Province of Ontario are fantastic ways for you to continue learning, connect with your neighbours and stay active!

I hope you'll take full advantage of the many in-person and virtual programs the wonderful folks at The Good Companions have put together for this week. Enjoy the week of events!



**Joel Harden**  
MPP, Ottawa Centre



**Jim Watson**  
Mayor/Maire

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On behalf of Members of Ottawa City Council, it is my distinct pleasure to extend a warm welcome to all those participating in the first **Virtual Seniors Active Living Fair**, hosted by **The Good Companions Seniors' Centre**, in partnership with the **Older Adults Centres' Association of Ontario (OACAO)**, and taking place from March 28<sup>th</sup> to March 31<sup>st</sup> 2022.

The Fair's variety of virtual sessions provides a valuable forum for a diversity of senior adults to discover new programs and services promoting active living, a healthy diet, and mental health wellness, while also connecting participants with helpful information and resources administered by the Province of Ontario, in addition to a non-profit digital literacy platform for older adults.

As Head of Council, I want to acknowledge the team behind The Good Companions Seniors' Centre, OACAO, OASIS, Connected Canada, Tea and Toast, Cultivation Therapy Services, Loblaws, and the Ontario Ministry for Seniors and Accessibility, along with the other participating local organizations, for dedicating efforts, expertise, skills, services and resources to the successful presentation of this virtual Fair.

Allow me to offer my best wishes to The Good Companions Seniors' Centre, OACAO and virtual participants for a productive and rewarding experience.

Sincerely,

Au nom des membres du Conseil municipal d'Ottawa, je souhaite la plus cordiale bienvenue à tous les participants à la première **Foire virtuelle sur la vie active des aînés**, organisée par le **Centre pour aînés The Good Companions**, en partenariat avec **l'Association des Centres pour aînés de l'Ontario (OACAO)**, et qui aura lieu du 28 au 31 mars 2022.

La variété de séances virtuelles de la Foire offre une tribune précieuse à divers aînés pour découvrir de nouveaux programmes et services favorisant la vie active, un régime alimentaire sain et le mieux-être en santé mentale, tout en fournissant aux participants des renseignements et des ressources utiles administrés par la province de l'Ontario, en plus d'une plateforme de littératie numérique sans but lucratif pour les aînés.

En tant que chef du Conseil, je tiens à remercier l'équipe du Centre pour aînés The Good Companions, l'OACAO, OASIS, Connected Canada, Tea and Toast, Cultivation Therapy Services, Loblaws et le ministère des Services aux aînés et de l'Accessibilité de l'Ontario, ainsi que les autres organisations locales participantes, qui ont consacré leurs efforts, leur expertise, leurs compétences, leurs services et leurs ressources à la présentation réussie de cette foire virtuelle.

Permettez-moi d'offrir mes meilleurs vœux au Centre pour aînés The Good Companions, à l'OACAO et aux participants virtuels pour une expérience productive et enrichissante.

Meilleures salutations.

Jim Watson, Mayor/Maire



# Event Resources

## Ministry for Seniors and Accessibility digital publications:

Guide for Seniors Programs and Services (2019)	Arabic, Simplified Chinese, English, Farsi, Gujarati, Italian, Korean, Polish, Portuguese, Russian, Spanish, Tamil, Urdu, Vietnamese, Punjabi - Masihi	<a href="https://www.publications.gov.on.ca/browse-catalogues/guide-for-seniors-programs-services/a-guide-to-programs-and-services-for-seniors-in-ontario-2019-026941_U">https://www.publications.gov.on.ca/browse-catalogues/guide-for-seniors-programs-services/a-guide-to-programs-and-services-for-seniors-in-ontario-2019-026941_U</a>
Power of Attorney Kits (2021)	English, French	<a href="https://www.publications.gov.on.ca/300652">https://www.publications.gov.on.ca/300652</a>
How's Your Driving? Safe Driving for Seniors (2018)	English, French	<a href="https://www.publications.gov.on.ca/browse-catalogues/road-safety-materials/how-s-your-driving-safe-driving-for-seniors">https://www.publications.gov.on.ca/browse-catalogues/road-safety-materials/how-s-your-driving-safe-driving-for-seniors</a>

## Ministry for Seniors and Accessibility hard copy publications: (subject to availability)

Guide for Seniors Programs and Services (2019)	Arabic, Simplified Chinese, Gujarati, Italian, Korean, Polish, Portuguese, Russian, Spanish, Tamil, Vietnamese, Punjabi - Masihi	<a href="https://www.publications.gov.on.ca/browse-catalogues/guide-for-seniors-programs-services/a-guide-to-programs-and-services-for-seniors-in-ontario-2019-026941_U">https://www.publications.gov.on.ca/browse-catalogues/guide-for-seniors-programs-services/a-guide-to-programs-and-services-for-seniors-in-ontario-2019-026941_U</a>
Power of Attorney Kits (2021)	English, French	<a href="https://www.publications.gov.on.ca/300652">https://www.publications.gov.on.ca/300652</a>

**Did you miss one of our presentations? Below are the links to available materials, resources and presentation from this week!**

- Resources from Canada Revenue Agency and Service Canada on: **Taxes, Benefits and Credits for Seniors** [click here](#).
  - Presentation by **The Good Companions: Who We Are and What We Do**—presentation [click here](#).
  - Presentation on **Nutrition and Mental Health** resources, [Food and Your Mood](#), [Sources of Omega 3](#)
  - Presentation by **Connected Canadians**: Introduction and overview (free digital literacy) for older adults [click here](#).
- You can rewatch the full presentation —> [HERE](#)
- Presentation by Tea & Toast: **Navigating your Senior Journey, Housing Transitions as we Age** [click here](#).